

April 2002

Your new resource for Career Development Information:

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Introducing:

New Hampshire Job Notes 2002

Career Planning & Development

"We love Job Notes. Thanks for making it available!" Guidance Director

Building A Strong Foundation

This year's theme in Job Notes 2002.

What is Job Notes? It is a **FREE** career development publication that is published once a year. It is made available to you compliments of the New Hampshire Career Resource Network/Economic and Labor Market Information Bureau of New Hampshire Employment Security.

New Hampshire Job Notes 2002 is an annual career planning tabloid that provides information on exploring, setting, and achieving career goals. The tabloid has articles on occupations; average wages, growth rates, and training requirements for over 200 occupations in NH; job search techniques; exploring personal skills and interest areas; options for training and education beyond high school; career resources on the Internet; and more.

Order Forms for *Job Notes 2002* were mailed out in early February. The publication has been printed and delivered to Concord. Distribution to begin shortly. Please be patient while we load up the trucks to get your area's copies delivered to the Local NHES Offices. Many offices may have already taken delivery but will still need time to get them to you.

Depending on each local area's situation, some offices may need you to come in and pick up your copies of *Job Notes 2002*. In this case, you will likely be called by a Local Office representative with instructions on where, when, how, etc.

If after a few weeks go by, you haven't received your order or heard from your local office, please contact us at 229-4489 or rricker@nhes.state.nh.us.

The Real Game Series

We need to know whether or not to offer this training so read the article on page 2 then LET US KNOW IF YOU WOULD LIKE TO BE INCLUDED. Don't delay, when offered, space WILL be limited so "first-come, first-served" will prevail.

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NEW HAMPSHIRE EMPLOYMENT SECURITY
Economic and Labor Market Bureau

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NHCRN
New Hampshire Career Resource Network
Employment SECURITY

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The New Hampshire Career Resource Network is part of America's Career Resource Network and is administered by the Economic and Labor Market Information Bureau of New Hampshire Employment Security.

America's Career Resource Network is a program of the US Department of Education, Office of Adult and Vocational Education, authorized by Section 118 of the Carl D. Perkins Vocational and Technical Education Act of 1998 (Perkins III).

The Real Game Series **WANTED: Real Game Champions**

Do you consider yourself a leader, someone who can be relied upon to get the job done? Are you a self-starter? Yet sometimes you spend more time fighting forest fires than you do planting forests? Well then, we might be able to help!

When you feel yourself getting bogged down with the answer to that almighty question students ask, "What do I need to know this for?", think about this. If only there was a quick and easy pain-free way of answering that question. If only I could take the student and put him/her into a real life experience. If only I could do that and still provide career development experiences, training, and education. Now you can!

Act Now!

All right, all right, enough already, right! Sounds an awful lot like a sales pitch doesn't it. Well, it is, kind of! It's more "pitch" than it is "sales" though. That's right, if you have what it takes, you might just be a candidate to bring a new career development game into your school. Now here's the great part. **We at NHCRN are trying to arrange to help defray the cost for you to be trained to bring this new real life experiential type "game" into your career development program at your school.** In this training you will be given the Facilitator's Manual/Kit which includes all the reproduceable masters you will need for presenting the game. So, it really is advantageous to you and your school to get trained.

Within the structure of each game, you can add in those things you do now. Whether it be a tool, experience, exercise, etc, you have plenty of chances to incorporate it. There are places within the game for having students perform a job shadow, do a resume, cover letter, research occupations, or hear a career day speaker. All those things you do already you will still do.

Sound interesting, intriguing, exciting? If so, you need to get on the waiting list to get trained in facilitat-

Purpose of The Real Game Series

To introduce realities of the adult world of work in a non-threatening environment

Method:

- Demonstrate relevancy of education
- Focus on experiential learning
- Profit from the group learning process
- Make learning fun

ing one of *The Real Game* series games. It's an exciting new way of presenting career development to our future workforce and leaders of tomorrow.

Students in grades 7 & 8 will play *The Real Game* which gives them the opportunity to explore adult realities such as taxes, living expenses, workplace environments, and unexpected emergencies. Students role-play adults in randomly assigned occupational roles and see how schoolwork relates to career choices and, therefore, to lifestyle and income. As they get deeper into their roles, students learn how to budget time and money and see the value of a balanced lifestyle, community involvement, and lifelong learning.

Grades 9 & 10 students play a game called *The Be Real Game*. They are shown how a person's career is built with everyday choices and decisions. As they role-play a high school student through to an experienced adult worker in a variety of employment, unemployment, and family situations, students explore in-depth the importance of transferable skills, self knowledge, lifelong learning, and career planning. They are exposed to dozens of occupational possibilities and encouraged to actively pursue their dreams.

Grade 11 & 12 students play *The Get Real Game* which presents them with a wide array of occupational possibilities and lets them simulate a five-year school-to-work transition as they try to achieve the occupational goal they have chosen. In-depth factual informa-

tion is supplied for each option so that students can realistically explore different possible paths to their goals, including post-secondary education, various forms of on-the-job training, workplace experience, internship or apprenticeship, military service, and more. As they pursue their occupational goals, students learn how to budget their time, research their options, define their goals, plan a course of action, and present themselves well in an interview.

Interested? We need to know whether or not to offer this training so **LET US KNOW IF YOU WOULD LIKE TO BE INCLUDED.** To get put onto a waiting list, send an email to rricker@nhes.state.nh.us, or call 229-4489. Be sure you tell us your name, school, and which grades you would offer the game to.

If there is enough interest, the training will be scheduled as soon as possible. Don't delay, when offered, space **WILL** be limited so "first-come, first-served" will prevail.

An Adult Game may also be offered. If you offer adult education and are interested in this, please let us know.

The Real Game series present benefits to both student and educator.

Benefits to students:

- Discover personal skills & talents
- Reinforce positive self-concept
- Relate school experience to career choice and work roles
- Explore relationship between work and broader life roles
- Be introduced to the concept of lifelong learning

Benefits to Educators:

- Utilize a ready-made set of career development activities
- Support and enhance practical aspects of academic learning
- Reinforce lessons over successive years
- Participate in team teaching
- Tailor curricula to local settings, interests, and needs

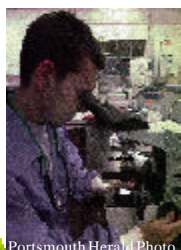
Who's Doing What?

School-to-Careers in the Eastern Region of New Hampshire

Job Shadows, Internships, Career Luncheons, Informational Interviews.... these are some of the many School-to-Careers activities happening in the eastern region of New Hampshire. Students are also engaged in project-based learning at their schools developing the skills that are so critical to success in the workplace and getting the experience of solving real-world problems.

Newmarket High School recently held a Job Shadow day for the entire junior class. The student who shadowed a police officer was in the cruiser when they stopped the director of the program for speeding. It was all in fun and everyone had a good chuckle. Dover High School-to-Careers sponsors two job shadow days each year with close to 300 students participating in each event. "The entire community is extremely supportive. The work of the Dover Chamber of Commerce and the assistance of several other key community members is critical to the success of each Job Shadow day", according to Bill Jacques, Program Coordinator.

Portsmouth High School sponsors "Career Luncheons" several times each year. Individuals in a particular field meet with about twenty-five students to discuss their careers. They enjoy a lunch provided by the school's Culinary Arts program where the students can have one-on-one conversations with and ask questions of the guests. The most recent Career Luncheon featured members of the Information Technology field. Students learned about careers in web design, networking and programming to name a few.



Portsmouth Herald Photo

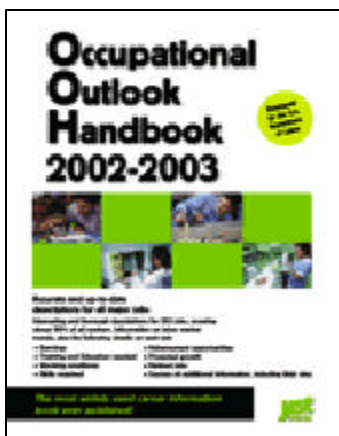
Students all over the region are getting exposure to various careers, learning the skills they need to be successful on the job and the importance of their education in providing them with many options when choosing their career goals.

For more information, please contact Kathleen Totten, Eastern Region Partnership at 433-1964.

John Gerskowitz (featured here), a student at Seacoast School of Technology completed a part-time internship in biotechnology at Lonza Biologics last spring. Graduating seniors at SST are required to do an internship and create a portfolio based on the experience. Students studying Automotive Technology intern at local auto dealerships as part of the industry's AYES program. Marketing, Culinary Arts, Computer Networking and Health Technologies also go out into the field to learn first-hand about the workplace.

Tell Us What YOU Are Doing!

Send us your story about what you have done/what you are doing/will be doing/are thinking about doing to FAX: (603)228-4172 or email address rricker@nhes.state.nh.us (my preference) or, the "good ole' fashioned way" mailing address: New Hampshire Career Resource Network, NHES, 32 South Main Street, Concord, NH 03301.



The New Hampshire Career Resource Network, NHES, ELMIB is pleased to announce the availability of the 2002-2003 OOH (*Occupational Outlook Handbook*). This important career resource is developed every two years by the US Department of Labor, Bureau of Labor Statistics and published by Jist Works, Inc (www.jist.com).

The *Occupational Outlook Handbook 2002-2003 (OOH)*, provides access to information on jobs held by 90% of the workforce. It is a career exploration resource that can be used in classroom settings as well as by individuals. The well-written narrative and many charts and pictures make this book ideal for exploring careers. The OOH can be used to identify key skills to emphasize in resumes and when interviewing for jobs.

Updated every two years, each of the 250+ descriptions includes a representative photo, significant points section, and narrative sections on the nature of the work; working

conditions; employment; training; job outlook; earnings; and related occupations.

While the cover price of this invaluable resource is only \$16.95, NHCRN is making one copy available per school or vocational center requesting it from us, free-of-charge while they last. The only requirement is for you to share it with your students once you receive it.



Please completely fill out the order form you should have received by now and return it to us as soon as possible. We have only a limited supply so they will be provided on a first-come, first-served basis.

Career Development Web Sites To Check Out

Know a good site - let me know so we can share with your fellow professionals.

America's Job Bank – search a nationwide listing

www.acinet.org

America's CareerInfo Net – labor market and career information both nationwide and by state

www.alx.org

Federal Jobs Central – information on jobs with the federal government

www.fedjobs.com

Career Mosaic – commercial job and career site

www.careermosaic.com

Career Path - commercial job and career site

www.careerpath.com

The Employment Guide's Career Web – commercial job and career site

www.cweb.com

Jobweb - commercial job and career site maintained by the National Association of Colleges and Employers

www.jobweb.org

Monster Board – commercial job and career site

www.monster.com

The Riley Guide – employment opportunities and resources

www.rileyguide.com

Occupational Outlook Handbook – career information from the Bureau of Labor Statistics

stats.bls.gov.oco/home.htm

Employment and Training Administration – job and career

information

www.doleta.gov/individ.htm

National Center for Education Statistics – College Opportunities On-Line

www.nces.ed.gov/ipeds/cool

The College Board – information on colleges, testing, and more

www.collegeboard.org

NH Future - Post entry-level job openings

www.NHFuture.net

Peterson's – the popular print guide to colleges on-line

www.petersons.com

Embark – college information such as schools, scholarships, distance learning, testing, and more

www.embark.com

College Net – college information such as schools, scholarships, distance learning, testing, and more

www.collegenet.com

Job Corps NE – information about New England's Job Corps Program

www.NEJobCorps.org

School-to-Work – information about national school-to-work programs

www.stw.ed.gov

Educational Resources Information Center (ERIC) – research materials on topics such as career development, conflict resolution, and achievement

www.uncg.edu/edu/ericass/libhome.htm

New Hampshire Career Resource Network – career development information www.state.nh.us/elmi/nhcrn/index.htm

New Hampshire Employment Security – job opportunities & labor market information www.state.nh.us/elmi/index.html.



Please note any changes to your address below.

Address Service Requested

Concord NH 03301-4857

32 S Main St

ELMI, New Hampshire Employment Security

NEW HAMPSHIRE CAREER RESOURCE NETWORK